

THIEVES IN U. S. NAVY

Officers of Battleship Louisiana Steal \$12,000 in October.

Jersey City, Nov. 29.—A chest containing \$12,000 in cash is in possession of United States marshals here today and the seizure is alleged to be part of the \$12,000 which several petty officers of the battleship Louisiana stole while the vessel was in New York harbor last October.

The money was found in a search of the house occupied by connections of George P. Davis, who was a commissary steward on the Louisiana. Davis is alleged to be one of the conspirators and has been under court-martial, according to local federal officials, at Norfolk, Va.

Yuan Shih Kai Is Striving to Avoid Clash With Russia



President Yuan Shih Kai is striving to settle the controversy with Russia without an open clash. Russia is trying to gain certain concessions in Mongolia to which the entire Chinese nation objects, and strong demands are made that the country fight rather than submit.

DEATHS AND FUNERALS

BALLANTYNE—Immediately after the funeral services for Mrs. Mary Pearce Ballantyne, wife of the late Richard Ballantyne, were held in the Sugar ward meeting house in Salt Lake at 11 o'clock this morning the body was taken to the Bamberger station for shipment to Ogden. At 3 o'clock this afternoon the cortege gathered at the station and proceeded to the Ogden City cemetery.

WEDDING RECEPTION. George C. Ensign of this city and Gladys Farrell of Logan were united in marriage in the Salt Lake temple, Wednesday, and an elaborate reception was given in the afternoon and evening by the bride's brother.

The newly married couple were received yesterday by the groom's parents, Mr. and Mrs. D. H. Ensign in this city at 349 Twenty-third street.

A number of friends and relatives in Ogden and from Salt Lake attended. The afternoon was spent in music and song and general recreation. A delicious dinner was served and many presents were brought to the young couple.

Mr. Ensign is principal of the Tooele high school. Mr. and Mrs. Ensign will make their temporary home in that city.

NO MONEY IN SPECIAL FUNDS

The communication of Auditor Van Dyke to the city commissioners this morning, stating that certain accounts were due from special funds and that there were no funds to draw from and no collections to be made on the special funds accounts, and asking as to what shall be done in the matter of paying the amounts, was referred to the superintendent of public affairs and finance, Mayor Fell.

The accounts enumerated were as follows:

J. P. O'Neill company, sidewalk district No. 7 \$12.33
P. J. Moran, paving district No. 112 807.10
P. J. Moran, paving district No. 3 480.34
Total \$1,339.67

The report of the auditor that there is a balance of \$21.53 due the general fund from the special tax fund sidewalk No. 9 was approved by the commissioners and the amount ordered transferred to the general fund.

The following payroll was allowed and ordered paid:

Official \$2,925.00
Waterworks department 490.00
Fire department 1,745.00
Police department 2,254.50
Total \$7,414.50

BANK DEMANDS THAT CITY PAY UP

The communication from the Security Trust & Savings bank of this city relating that there are a number of city warrants in the possession of the company that have not been paid, intimating that suit for collection will be instituted unless an immediate settlement be had, was referred to the superintendent of public affairs and finance at the meeting of the city commissioners this morning. The warrants date as far back as December of 1910, in the aggregate sum of \$1,009.27.

The petition of J. M. and M. S. Browning asking for the transfer to them by the city of surplus ground in lot 9, block 25, Ogden survey, was also referred to the mayor for consideration.

The application of President J. E. Carver of the Carnegie library board for funds due the institution from taxes of last year was granted and the money ordered turned over to the library fund. The amount is \$591.52.

REMARKABLE. "Jenkins is the most remarkable author of the country."

"What makes you think so?" "He wrote a column description of the Horse Show, and never once mentioned the costumes of the women."

HE FOUND TEN DOLLARS IN A POCKET

Judge Reeder had a respite from his labors at police court yesterday, but he was given additional work today which made up for his vacation.

Wallie Farr was the first to be tried. He pleaded guilty to the charge of drunkenness, but asked for leniency because his family needed his support. When he faced the judge a short time ago he was told that he would be fined if he appeared in court on a similar charge again and the judge kept his promise by recording a fine of \$5.

According to R. Doyle, he has never been arrested for drunkenness and he was given a suspended sentence when it was learned later that outside of being in an intoxicated condition he had not made any great disturbance.

A. J. Andrews was also released for the same reason. John Doe, a German, could not talk English and the judge brushed up his German by talking with the man. Although it was not known what the German said, he must have put up a good story, for he was given another trial by being released on a suspended sentence.

Two meals were paid for in the police court this morning to the satisfaction of both the restaurant proprietor and the customer. The customer was Steve Ryan, who was arrested Wednesday evening after he had ordered two meals for himself and friend and then was unable to pay for them. Ryan explained to the judge this morning that when he ordered the food he believed that he had a \$10 bill in his pocket, but when he went to pay the restaurant keeper he found that his money was gone. Despite the fact that he offered a pocket knife, a plug of tobacco and other personal trinkets in payment the proprietor had him arrested.

While he has been in the city jail he searched his clothes and found the bill, which must have been well hidden because it was overlooked by the police who searched him. He proudly exhibited the bill to the judge and offered to pay the restaurant man. The restaurant man was present and the payment was made with the assistance of the desk sergeant, who changed the bill. After the payment of the 50 cents sentence was suspended upon Ryan by the judge.

BOISE HIGH WINS FROM THE TWIN FALLS HIGH

Boise, Idaho, Nov. 29.—The fast Boise high school football team won the interscholastic championship of southern Idaho here yesterday by slaughtering the Twin Falls high school eleven by the biggest score piled up in the northwest this season, 13 to 6.

The victory gives Boise three championships, having won the southwestern Idaho scholastic championship, the Utah-Idaho high school championship by defeating Salt Lake, and the southern Idaho championship.

Twin Falls held the title of champions of the southwestern Idaho interscholastic league and was entitled to meet Boise, but never had a chance to win today. The one touchdown made by Twin Falls was on a fluke. Boise had everything its own way and ripped through the visitors and netted big gains on forward passes at will.

Boise will try to arrange a post-season game with Washington high school of Portland.

New York, Nov. 29.—The body of Michael Kruck, one of the boys Hickory confessed to having murdered, was found in an excavation in Central park the night of December 10, 1902.

OGDEN THEATER

Two splendid audiences greeted the Arlington Comedians at the Ogden theater on Thanksgiving matinee and night, when "Lena Rivers" was presented for the first time by the stock company. It proved a charming play and was finely mounted and most capably acted by every member of the company. Mayme Arlington is an actress of more than usual merit, her scenes being carefully and cleverly handled, and her winsomeness very engaging. Thomas Pawley added to the good impression he created on his first appearance. "Little Casey" has captivated everybody. She is a child of unusual cleverness and grace.

"Lena Rivers" will close on Saturday night, and Eugene Walter's great play, "The Wolf," will begin on next Sunday. For this play Manager Arlington pays a large royalty, but his policy will be to give his patrons the best possible regardless of cost, and that Ogden is quick to appreciate his efforts is clearly shown by the splendid patronage, hundreds being turned away last evening. (Advertisement.)

STRUGGLED FOR LIFE WITH DEER

Boulder, Colo., Nov. 29.—For 50 minutes M. Smith fought bare hands with a enraged buck deer yesterday morning and was saved from death by the arrival of park attendants who heard his cry for assistance.

Smith went to the inclosure in which this one deer was confined. The buck dashed at him with lowered head. The superintendent struggled for life for almost an hour by hanging to the deer's antlers. The furious buck tossed him into the air and dashed Smith to the ground time and again, breaking four ribs and his left arm.

BLOODED DOG HAS A NARROW ESCAPE

Washington, Nov. 29.—International complications between the United States and Spain were narrowly averted by Poundmaster Kuhn of the "dog pound" of the District of Columbia, when early today he diplomatically refrained from chloroforming "Kim," an English terrier, the property of Nal Choate, attaché of the Siam embassy. "Kim" had given thanks yesterday to the extent of several turkey bones and feeling joyous and content, strayed into the street without his muzzle. He was snapped up by an undiplomatic dog catcher.

FAMOUS DOCTOR DIES IN NEW YORK

New York, Nov. 29.—Dr. Edward V. Curtis, brother of the late William Curtis, is dead at his home here, aged 74. For more than 40 years he had held a place in the front ranks of physicians and scientists in this country. Together with Dr. Woodward of the surgeon general's staff he performed the autopsy on the body of President Lincoln. He was a graduate of Harvard and the University of Pennsylvania.

Read the Classified Ads.

PRESIDENT ARRESTED

Girl Sues a Motion Picture Man for Breach of Promise—\$25,000

New York, Nov. 29.—Herbert L. Miles, president of a motion picture film company, was arrested today and gave bail to insure his appearance at the trial of a breach of promise suit brought against him by Miss Edna M. Moran of this city. Miss Moran is suing for \$25,000. She declares Miles is "wealthy and of high social standing" and charges that when she married him in Philadelphia in August, 1911, he had another wife living, of whom he told her nothing.

Miss Moran in her bill, asserts that Miles told her on their wedding eve that his real name was Herbert W. Bristow and that he lived at some place in Ohio. Miles is now living, Miss Moran charges, with his first wife, formerly Mrs. Katherine Westler of Washington, D. C., whom he married in 1906.

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WILSON TO CONSULT WILLIAM J. BRYAN Hamilton, Bermuda, Nov. 29.—Woodrow Wilson has written a letter to William J. Bryan inviting him to a conference after Mr. Wilson returns from Bermuda.

The president-elect desires to consult with Mr. Bryan as one of the leaders of the Democratic party, but he will take counsel with a number of the Democratic leaders also. It is definitely announced that Mr. Bryan is not coming to Bermuda and that he has not been invited to do so.

After the Thanksgiving dinner yesterday Mr. and Mrs. Wilson went driving and yesterday evening attended an amateur performance of "Our Mutual Friend."

New York Stock List (Last Sale)

Amalgamated Copper	84 3-4
American Beet Sugar	54 3-4
American Cotton Oil	57 3-4
Amer. Smelt & Refining	120 5-8
American Tel. & Tel.	142 3-4
Anaconda Mining Co.	43
Atchafalpa	107 1-4
Atlantic Coast Line	140 1-2
Baltimore & Ohio	106 3-8
Brooklyn Rapid Transit	92 1-2
Canadian Pacific	206 3-4
Chesapeake & Ohio	80 5-8
Chicago & Northwestern	139 1-2
Chicago, Mil. & St. Paul	114 1-2
Colorado Fuel & Iron, bid	45
Colorado & Southern, bid	38
Delaware & Hudson	167 5-8
Denver & Rio Grande, bid	21
Erie	34 1-4
General Electric Ex. div.	186 1-2
Great Northern, pfd.	187 3-4
Great Northern Ore. Cfts.	44
Illinois Central	147 3-4
Interborough-Met. pfd.	19 5-8
Preferred	64 3-4
Inter Harvester	120 3-4
Louisville & Nashville	45 3-4
Missouri Pacific	43 1-8
Missouri, Kansas & Texas	25 1-4
Lehigh Valley	174 3-4
National Lead	60 1-2
New York Central	114 1-2
Norfolk & Western, Ex. Div.	114 3-4
Northern Pacific	123 3-4
Pennsylvania	123
People's Gas	115 7-8
Pullman Palace Car	164
Reading	171 5-8
Rock Island Co.	25 1-4
Preferred	45
Southern Pacific	111 1-2
Southern Railway	29 1-4
Union Pacific	173 1-8
United States Steel	75
Preferred	111 1-2

COMMERCIAL NATIONAL BANK OGDEN, UTAH

PROSPERITY AND THANKSGIVING

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Utah Knitting Co. 203 25th Street

SAM SCHEPPS, ROSENTHAL INFORMER, WITH ATTORNEY LEAVING POLICE COURT AFTER HIS DISCHARGE



SCHEPPS AND ATTORNEY LEAVING COURT. COPYRIGHT BY AMERICAN PRESS ASSOCIATION

Better Directed Exercise Is the Solution of Foot Troubles.

By J. J. Walsh, M.D., Litt.D.

HERE probably never was a time when so many complaints were heard of foot troubles. There are very few who do not seem to have some source of complaint, and the number of advertisements of powders to cure sore and tired feet, of appliances of all kinds to prevent or cure foot troubles and of shoes of many kinds to relieve various forms of foot discomfort show how common are all these ills of the feet. Not a few people have been asking themselves and discussing with others why there should be so many foot troubles in our time. Certainly our shoes are as well made, or at least they are not as coarse as they used to be in the older times. It is true that there are many vagaries of fashion in shoes, but it is usually not those who wear ultra-fashionable shoes, but, on the contrary, those who are quite willing to sacrifice every hint of shoe fashion to foot comfort, who complain the most. Certainly there are all shapes and kinds of shoes to choose from in our stores, and our leathers are soft and pliable, and any one who really wants to can secure a shape that will nicely adapt itself to any peculiarity of foot.

In spite of these favorable conditions, there seems to be no doubt that foot troubles have greatly increased in our generation. It is sometimes pointed out that this ought not to be the case, since we now walk much less than we used to, besides our sidewalks are ever so much better than they used to be, rough places are now very rare, our floors are smoother and more even—everything, in a word, seems to have combined to make such irregularities as might lead to foot troubles completely disappear. Why, then, the many complaints and the many advertised remedies to cure these complaints, which is the best index of the actuality of the ills, since advertisements cost money and can only be continued when a large number of people are attracted by them to buy the means they suggest.

Under such the principal reason why there is so much foot trouble at the present time is exactly because we do not use our feet as much as we did in the older time. As always, lack of function has led to disturbance of nutrition and to such "wornness" as readily reacts to any unfavorable factor that may affect the tissues. There are very few people now who think of walking if the distance they have to go is more than half a mile. We are so rushed for time that it seems better to take the car even to go a dozen or fifteen blocks, and if it is more than twenty blocks apparently no one thinks for a moment of walking. Our elevators have done as much within the houses to prevent proper use of the feet as the trolley cars have done without. Comparatively very few of our population go up and down stairs much at the present time. In private houses such locomotion is indulged in to a very slight degree, but even there, except the domestic, few people go up and down stairs more than two or three times a day.

In apartment houses and hotels no one ever thinks of going up or down stairs even for a single flight—certainly never when it is more than a single flight. Going up stairs, of course, is a rather difficult task and hard on lungs and heart, especially when one is unaccustomed to it. Going down stairs, however, is fine stimulating exercise, not requiring any particular effort that is exhausting, excellent for the gentle massage of the organs within the abdomen, which helps their function and prevents the accumulation of fat or acids in the dissipation of such fat as has been deposited, and above all a magnificent exercise for the foot and leg muscles. Coming down stairs will do more to strengthen the muscles of the feet and calf than anything else we have. It would not be long if elevators were generally resorted to for purposes of descent before there would be a decided improvement in foot conditions in this country. If people generally came down stairs more frequently we would soon hear so much of the necessity for supports for the arch of the foot and for variously shaped shoes, not for the many foot troubles as we now advertise.

The foot is a marvellously complex structure, with some twenty joints and many tendons and muscles. Muscles depend for their vitality to a great extent on the contraction that thoroughly empties them of worn out products. The heart pumps fresh arterial blood into the feet, but it must find its way back again to the heart against the force of gravity. Its course through the thin walled veins is very much facilitated by regular contraction of the muscles. If the muscles are not exercised they do not rid themselves of their effete products well. Their lowered vitality, as a consequence, makes them much more sensitive, and above all much less capable of bearing the weight of the body and the various forms of pressure to which they are subjected, since it is now, there is very little active exercise of the feet, though we stand on them about as much as ever. This pressure constantly exerted upon them tends still further to impede the return circulation from them, and predisposes them to various congestive disturbances. They do not protect the underlying bones as well from the effects of pressure as they did before. Nature comes to the rescue by creating corns—that is hardened skin that will protect sensitive points of bone, but after a time these themselves become over sensitive. Nature also creates bunions, which are, after all, only water cushions situated above joints that are the subjects of pressure which might injure the circulation of the joint.

When the circulation of the foot is not thorough these become of lowered resistive vitality and are readily predisposed to infection from various microbic agencies. The result is attacks of acute pain in bunions, sometimes attributed to gout or rheumatism, but really due to unusual foot conditions, which reduce the normally healthy vitality of the tissue. Though it is not generally understood, the feet are nearly as perfect instruments as the human hands. People who are born without hands or those who have lost them early in life learn to use their feet almost like hands. They are often on exhibition in museums because of the apparently marvellous power that they have in their feet. This is not something different from what any human being might have, however, if he took pains to exercise his feet properly and to bring out all the muscular facilities that we have instead of suppressing them.

As the thick fingered peasant finds it hard to understand how any one can play the piano or other musical instruments with the facility that he sees exhibited by skilled players. "Armless wonders," as they are called, often play the piano with their toes, write with a pen or pencil, pick up cards, even pick up pins. Women have been known to sew with their toes. All these faculties are not special endowments, but are merely acquisitions due to training and proper exercise.

The more men and women stand during their occupations the more active exercise they need for their foot muscles in order to prevent the development of foot troubles. Ordinarily, waiters, clerks, footmen and the like, who are on their feet a great portion of the day, are so tired in the evening that they are tempted to think that the best thing for them is absolute rest. It is probable, however, in most cases that their fatigue is better relieved by a little active exercise of the feet than by any other way. Men in such occupations need to deliberately arrange for various foot exercises in order to prevent that stagnation of blood which lowers foot vitality. Occasionally during the day they need to go up and down on their toes, coming down particularly on the outside of their feet so as to emphasize the arch and exercise all the muscles around the ankle. Whenever possible, if they have a long day, they should take the opportunity during their lunch hour to put their feet as high as they can in order to encourage the return circulation. Every one who is tired, especially from standing, knows how grateful this position with the feet in the air is, but most people are inclined to look upon it as a sign of laziness or slovenliness and very few know the excellent physical reason there is behind it. If it is associated with definite exercise of the toes and foot muscles it accomplishes an excellent purpose.

The toe movements that should be particularly practiced are those with the extensors. Most people can extend their big toes very well, but can move their smaller toes only to a slight degree in this direction because they have allowed their exterior muscles to become weak from disuse. We are possessed of muscles by which we can spread out the toes as far as the fingers, but those who wear tight shoes particularly have lost all control over them except possibly those between the large toe and the others. It is im-

portant to remember that these muscles have two modes of usefulness. The one is to produce motion by contraction and the other and scarcely less important is to act as cushions for the bones of the foot and prevent them from being bruised. Whenever muscles function well their vitality is good and they are not so easily injured nor so sensitive. Lack of function means lack of circulation, lowered resistive vitality and greater sensitiveness.

Such directions are supposed by most people to be intended as a rule only for those who have to perform the harder work of life.

It must not be forgotten, however, that clerks, waiters, teachers, lawyers and others in intellectual occupations who have to be on their feet for continuous periods of an hour or more may suffer from foot troubles and from that intense tiredness that comes when the return circulation is not good. They need to practice foot exercises regularly, and many of them will be surprised to find what a difference it makes in their general fatigue. The rule is that whenever any one set of muscles is overworked other muscles by sympathy share in the fatigue so as to secure rest. This is illustrated very well by the general tiredness that follows an hour or two in a picture gallery when we are not used to sightseeing, for both the eye muscles and the foot muscles become very tired and their feelings are reflected in other groups of muscles.

Of course, many people who are fatigued or the arch of whose feet has yielded considerably may have to use artificial metal arches or supports of various kinds, or specially made shoes; but it must not be forgotten that these implements are really crutches. When necessary even crutches must be employed, but not unless all other means have been tried. Whenever muscles are not asked to perform their regular work their nutrition suffers. Any organ in the body will shrink its work if encouraged to do so, but it always will be at the cost of efficiency. Foot arches are useful in many cases, but they are not advisable unless recommended by some one who knows how to care for the feet, and the general use will make the feet of the next generation even worse than those of the present for lack of the due amount of exercise. The solution of the problem of foot troubles in our generation is not artificial supports but more and better directed exercise.

Influence of Suffrage on Women of Fashion.

ASSISTED and protected by the multitudinous clubs in which woman has found her voice, and which have given impetus to her administrative talents, the day has now come in which she demands. She is no longer content to supplicate.

The plea for her past submissiveness, that "she has just discovered her intellect," is hardly up to date, since the question of equality has been discussed in every age. Aristotle said: "What is the difference whether women rule or the rulers are guided by women?" The answer of to-day is that it makes a very great difference.

Too long, the suffragette declares, has woman had a monopoly of sacrifices. She has found her elbows in one country her hammer, and that she can use her tools is unquestioned.

The suffragette represents a combination of the forces that women have smothered in past ages, and a reaction from the "perfect lady" epoch. Nevertheless, some of the most conspicuous women of the present movement are but a generation away from the hyper-ladylike women of America.

Mrs. Clarence Mackay, having as an ancestor the famous New York belle Kitty Duor, has retained about her the aroma of the "perfect lady," while being at the same time one of the strongest advocates of the suffrage movement. Mrs. Mackay has a taste so exquisite that she invariably uses a three cent stamp, its color being lavender, red, two cent stamp would carry the letter, but it would shock her sense of color values. Her costume always in the latest mode and a little exaggerated, would have done credit to the court of the Empress Eugenie. Her little finds of personality are all representative of the "perfect lady." Yet in matters of conviction and strong determination for the benefit of womanhood she rivals many men in force.

It was at a tea party at the home of Mrs. Frederick Nathan that Mrs. Mackay first decided to take up the cudgel of the suffragist. Her decision on this subject, steered by the brilliancy of Mrs. Nathan, affected neither her personality nor her womanly characteristics. Her exquisite costumes remained the delight of all beholders. She became none the less a woman of high social charm because she became a suffragist. It is not likely that the courtesy shown her by men has diminished since she attended Mrs. Nathan's tea party.

Still, one of the courtesies against the suffragette is that equal rights will strip her of all inherent charm and cost her the price of losing all gallantry from men.

It is a question whether men who thought a woman's purpose in life was to stay at home and wash the dishes had the highest ideals of gallantry. When Mr. Roosevelt in his much vaunted "race article" speech accorded them the position of incubators he perhaps showed them less courtesy than is general in the hearts of plain American men. And when, during his occupancy of the White House, it was his custom to send to Mrs. Roosevelt in the morning a right list of the things that he expected her to do during the day his act was rather a reversion to the ways of the North American Indian than a pleasant step in the direction of progress.

Mrs. Charles Tiffany, who can make the subject of equal rights pre-eminently interesting at a fashionable gathering of women, and whose work in their interest has been sincere and vigorous, believes that should women obtain their desideratum it will carry with it an added amount of courtesy and consideration from the opposite sex. The power to vote has given value to the negro and the Mormon. It is only to be supposed that it will accelerate the value of women.

The old doctrine that the sphere of woman is the home is calmly suited at by the suffragette. She realizes that owing to the rapidity with which fortunes have been made and lost in this country women have come to be roughly divided into classes—one, wherein they have become skilled servants to do their work, trained nurses and governesses to tend and instruct their children and leisure to cast a helping hand to their less fortunate sisters; another, wherein they have as homes in which they can stay other than those they earn. The suffragette, understanding better than the critics the nature of woman, knows that she seldom forsakes her children or necessary domestic cares for politics. The moral influence of woman in the home is little changed because she is a suffragette. It may even be increased.

In Colorado, where the practicability of equal rights is being tested, it is already said that young men go to their mothers as much as to their fathers for political advice. There a suffragette 102 years old cast her first vote while surrounded at the polls by her sons, her daughters and her grandsons.